

Vegetable Stromboli

Meal Components: Vegetable - Other, Grains, Meat / Meat Alternate

Sandwiches, F-06B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/4 cup 1 Tbsp	2. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		3 cups		1 qt 2 cups	3. Place flour in mixer bowl. Make well in the center.
Whole wheat/enriched blend flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	
Vegetable oil		1/4 cup		1/2 cup	
					4. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
					5. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
Salt		1 tsp		2 tsp	

Dried basil		2 Tbsp 1/4 tsp		1/4 cup 1/2 tsp	6. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for step 9.
Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dried marjoram		1 1/2 tsp		1 Tbsp	
Dried thyme		1/4 tsp		1/2 tsp	
*Fresh green or red bell peppers, chopped	1 lb 4 oz	3 3/4 cups 2 Tbsp	2 lb 8 oz	1 qt 3 3/4 cups	7. Mix peppers, carrots, mushrooms, onions, yellow squash, and zucchini into steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Steam vegetable mixture for 3 minutes.
*Fresh carrots, shredded	7 1/2 oz	1 1/2 cups	15 oz	3 cups	
*Fresh mushrooms, sliced	7 1/2 oz	3/4 cup 3 Tbsp	15 oz	1 3/4 cups 2 Tbsp	
*Fresh red onions, chopped	6 1/4 oz	1 cup 1 Tbsp	12 1/2 oz	2 cups 2 Tbsp	
*Fresh yellow squash, sliced	12 1/2 oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 1/4 cups	8. Add tomatoes to vegetables and mix. Reserve
*Fresh zucchini, sliced	1 lb 1/4 oz	3 1/2 cups	2 lb 1/2 oz	1 qt 3 cups	
*Fresh tomatoes, chopped	1 lb 5 1/4 oz	3/4 cup 3 Tbsp	2 lb 10 1/2 oz	1 3/4 cups 2 Tbsp	

9. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".

Lite mozzarella cheese,shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup
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10. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture

11. Fold top third of dough over chesse and vegetable mixture. Place another layer of cheese, seasoning, and vegetable on top of folded dough as follows:

12. Fold bottom third of dough over the second layer of cheese and vegetable. Pinch to seal end and top seams. (If desired, brush seams with egg wash)

13. Place rolled dough on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.

14. Allow rolled stromboli to rise for 30 minutes.

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16. Bake until crust is lightly browned:
Conventional oven: 400° F for 30-35 minutes

17. Remove from oven. Let stand for 15 minutes before cutting.
18. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).
19. CCP: Hold for hot service at 135° F or higher.

Notes

Comments:

*See Marketing Guide.

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Bell peppers	1 lb 9 oz	3 lb 2 oz
Carrots	9 oz	1 lb 2 oz
Mushrooms	8 oz	1 lb
Red onions	8 oz	1 lb
Yellow squash	14 oz	1 lb 12 oz
Zucchini	1 lb 2 oz	2 lb 4 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
1 piece provides 2 1/2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 3/4 oz equivalent grains.	50 Servings: 2 ½ stromboli rolls about 10 lb 4 oz	50 Servings: 50 pieces 2 pans
	100 Servings: 5 stromboli rolls about 20 lb 8 oz	100 Servings: 100 pieces 3 pans

Nutrients Per Serving					
Calories	145	Saturated Fat	1.19 g	Iron	1.65 mg
Protein	7.09 g	Cholesterol	5 mg	Calcium	123 mg
Carbohydrate	22.28 g	Vitamin A	1205 IU	Sodium	126 mg
Total Fat	3.01 g	Vitamin C	13.1 mg	Dietary Fiber	1.6 g